

WHAT IS CLAIMED IS:

1. A head arm assembly comprising:
 - a head slider having at least one head element;
 - a high-stiffness arm member for supporting said head slider at one end section;
 - an actuator, mounted to the other end section of said arm member, for rotationally moving said arm member in a direction substantially parallel with a recording medium surface around a horizontal rotation axis of said arm member; and
 - a resilient plate spring for generating a load, said plate spring having one end section fixed to said arm member and the other end section for energizing said head slider in a direction to the recording medium surface.
2. The head arm assembly as claimed in claim 1, wherein said head arm assembly further comprises a flexure with one end section fixed to said arm member, said flexure having a resilience for determining flying attitude of said head slider.
3. The head arm assembly as claimed in claim 2, wherein said one end section of said plate spring is fixed to a first surface of said arm member, a second surface of the arm member facing the recording medium surface, and wherein said one end

section of said flexure is fixed to said second surface of said arm member.

4. The head arm assembly as claimed in claim 1, wherein said horizontal rotation axis is provided at a horizontal bearing section located at a midpoint of said arm member, and wherein said horizontal bearing section has means for adjusting a distance between said arm member and said recording medium surface.

5. The head arm assembly as claimed in claim 1, wherein said at least one head element comprises at least one thin-film magnetic head element.

6. A disk drive apparatus including at least one information recording disk, and at least one head arm assembly that comprises:

 a head slider having at least one head element;
 a high-stiffness arm member for supporting said head slider at one end section;
 an actuator, mounted to the other end section of said arm member, for rotationally moving said arm member in a direction substantially parallel with a surface of the information recording disk around a horizontal rotation axis of said arm member; and

a resilient plate spring for generating a load, said plate spring having one end section fixed to said arm member and the other end section provided with a load point for energizing said head slider in a direction to the surface of the information recording disk.

7. The disk drive apparatus as claimed in claim 6, wherein the head arm assembly further comprises a flexure with one end section fixed to said arm member, said flexure having a resilience for determining flying attitude of said head slider.

8. The disk drive apparatus as claimed in claim 7, wherein said one end section of said plate spring is fixed to a first surface of said arm member, a second surface of the arm member facing the recording medium surface, and wherein said one end section of said flexure is fixed to said second surface of said arm member.

9. The disk drive apparatus as claimed in claim 6, wherein said horizontal rotation axis is provided at a horizontal bearing section located at a midpoint of said arm member, and wherein said horizontal bearing section has means for adjusting a distance between said arm member and the surface of said information recording disk.

10. The disk drive apparatus as claimed in claim 6, wherein said at least one head element comprises at least one thin-film magnetic head element.